



 **68%**
HEALTH SCORE

Endive Salad with Candied Pecans and Maytag Blue Cheese

 Vegetarian  Gluten Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 4 servings pepper black freshly ground
- 0.3 cup cheese blue crumbled (recommended: Maytag)
- 1 cup candied pecans
- 1 teaspoon dijon mustard
- 2 bunches endive separated rinsed well
- 2 tablespoons olive oil

4 servings salt

Equipment

bowl

whisk

Directions

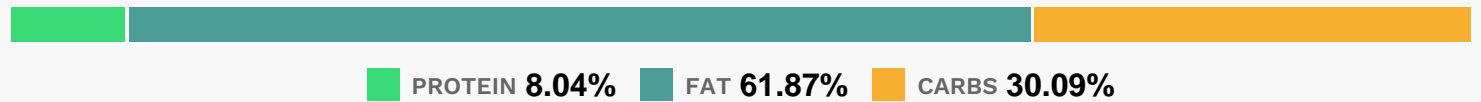
Watch how to make this recipe.

Arrange endive leaves on a serving platter. Top with candied nuts and blue cheese. In a small bowl or jar, combine vinegar, oil and mustard.

Whisk or shake jar to combine. Season, to taste, with salt and black pepper.

Drizzle mixture over salad and serve.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:25.782608541458%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 25.91mg, Kaempferol: 25.91mg, Kaempferol: 25.91mg, Kaempferol: 25.91mg

Nutrients (% of daily need)

Calories: 296.92kcal (14.85%), Fat: 20.98g (32.28%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 13.93g (5.07%), Sugar: 12.49g (13.88%), Cholesterol: 6.33mg (2.11%), Sodium: 473.96mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Vitamin K: 597.11µg (568.68%), Vitamin A: 5624.17IU (112.48%), Folate: 367.37µg (91.84%), Manganese: 1.11mg (55.61%), Fiber: 9.03g (36.12%), Vitamin B5: 2.46mg (24.6%), Potassium: 843.76mg (24.11%), Vitamin C: 16.68mg (20.22%), Calcium: 202.19mg (20.22%), Zinc: 2.27mg (15.13%), Iron: 2.66mg (14.8%), Vitamin E: 2.16mg (14.42%), Vitamin B1: 0.21mg (14.01%), Vitamin B2: 0.23mg (13.27%), Copper: 0.26mg (13.14%), Phosphorus: 108.26mg (10.83%), Magnesium: 42.63mg (10.66%), Vitamin B3: 1.12mg (5.6%), Vitamin B6: 0.07mg (3.32%), Selenium: 2.17µg (3.1%), Vitamin B12: 0.1µg (1.72%)